



**"I WANT YOUR
 AFAP ISSUES!"**

**2010 AFAP
 CONFERENCE
 SEPT. 21-24
 Story on page 13**

Patrick covers mission, personnel, safety issues in 502nd ABW commander's call

By Steve Elliott
 FSH Public Affairs

In his second commander's call at Fort Sam Houston, 502nd Air Base Wing commander Brig. Gen. Leonard Patrick talked about progress being made towards the wing's full operating capacity in October 2010, and gave time to some of his staff to discuss personnel issues and safety.

Speaking to a full house at the Blesse Auditorium at the Army Medical Department Center & School July 13, Patrick said he plans to hold multiple commander's calls at one location in the future so he can reach more people. He said he also wants to use technology to bring his message to more of Joint Base San Antonio.

"Instead of going to several different places, we can do this using

streaming video and you can watch it at your desk, in case you're in a customer service position where you can't close down," the general said. "We currently do that at Lackland and Randolph Air Force Bases and we want to bring that to Fort Sam Houston."

Patrick then turned the microphone over to Meg Reyes, the

See 502ND P16

Texas Seabees come home from Afghanistan

By L.A. Shively
 FSH Public Affairs

Seabees from Naval Mobile Construction Battalion 22 are finally home, marking the completion of a successful eight-month deployment to Southwest Asia in support of Operation Enduring Freedom.

Also known as the Lonestar Battalion, NMCB-22, a reserve combat construction unit, deployed to Afghanistan, Iraq and Kuwait from September 2009 to April 2010, where the Texas Seabees acted as security, built or maintained camps and forward operating posts, completed electrical projects and repaired equipment and vehicles.

Approximately 50 Seabees from San Antonio who drill at the Navy Operational Support Center on Fort Sam Houston, joined fellow Seabees from detachments in Texas and

See SEABEES P17



Photo by L.A. Shively

U.S. Navy Steelworker 2nd Class Jesus Cepeda (left) teaches an Iraqi Security Force soldier how to control and repair an air conditioning unit at an ISF camp in Haditha, Iraq. Cepeda, a reservist from San Antonio assigned to Naval Mobile Construction Battalion Twenty-two, was sent to Iraq in 2005 and Afghanistan in 2009 with his unit in support of the global war on terrorism.



Photo by Gregory Rippes

Capt. Wesley Hutchinson, of the 14th Military Intelligence Battalion, greets his 8-month-old twins who came into the world since he deployed to Iraq. He reunited with his wife and children following a ceremony in the Fort Sam Houston Youth Sports Center July 8.

14th MI Battalion returns from Iraq

By Gregory Rippes
 470th MI Brigade

Sixty Soldiers came home July 8, officially ending the 14th Military Intelligence Battalion's year-long deployment to Iraq.

In a ceremony at the Youth Sports Center, these Soldiers took positions in formation between members of the battalion who had returned from their overseas interrogation mission in two increments over the last few months.

Welcome speeches were brief. Col. Jim Lee, 470th MI Brigade commander, congratulated the brigade's subordinate battalion on the successful completion of their mission. Maj. Gen. Simeon

See 14TH MIB P6



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JBSA focal point in hurricane preparedness

By Brent Boller

502nd ABW Public Affairs

Joint Base San Antonio could be very busy during the next three to four months.

Willie Monroe, 502nd Air Base Wing emergency manager, said JBSA will be a major focal point for local civil authorities, together with the Federal Emergency Management Agency, to coordinate and provide military assistance during extreme weather.

Hurricane season began in May and runs through November. The National Oceanic and Atmospheric Administration predicts eight to 14 hurricanes during the 2010 hurricane season.

"In the past, city officials and FEMA would contact each base for support. Now requests will be made through the 502nd Air Base Wing command post who will relay the request to Brig. Gen. Leonard Patrick, 502nd ABW commander, for approval," Monroe said.

During Hurricane Alex, FEMA requested parking spaces for at least 1,000 logistical and command and control vehicles at Seguin Auxiliary Airfield.

"Lackland was poised to provide billeting, pet kenneling and transportation potentially for several thousand military members and their families evacuated from locations near the Texas coast," Monroe said.

U.S. Army North also plays a pivotal role in disaster response.

"As the U.S. Northern Command joint force land component com-

mand, we most likely would deploy the FEMA Region VI defense coordinating element from Denton, Texas," said Donald Manuszewski, chief of public information at ARNORTH.

Personnel from ARNORTH headquarters would augment the

element, working with FEMA and other federal partners to anticipate state and local needs for military assistance, Manuszewski said.

During hurricane evacuations, hospital patients must be transported from coastal areas

inland to San Antonio.

That process falls to the Federal Coordinating Center of the National Disaster Medical System attached to Brooke Army Medical Center, according to Sgt. Maj. Duane Waddle of the Federal Coordinating Center.

"We'd coordinate with the Southwest Texas Regional Advisory Council and the Air Force to receive the patients at the old Kelly Field flight line, then we'd route them to NDMS-designated hospitals in the San Antonio area."

City of San Antonio Notification System

The City of San Antonio has implemented a mass notification system for severe weather, hazardous materials incidents and other emergencies.

To receive emergency alerts 24/7 via home or cell phone, email, fax and text message, register online at <http://www.sanantonio.gov/saNS/index.html> or call 866-484-3264

The Fort Sam Houston Installation Operations Center will continue to disseminate emergency information to FSH personnel using a variety of notification systems such as outdoor public address speakers, mass e-mails, etc. in conjunction with City of San Antonio notifications.

(Source: FSH Ready Army Coordinator)

Weekly Weather Watch

	July 15	July 16	July 17	July 18	July 19	July 20
San Antonio	94° Partly Cloudy	95° Partly Cloudy	95° Partly Cloudy	97° Partly Cloudy	94° Partly Cloudy	95° Chance of Rain
Kabul Afghanistan	93° Clear	96° Clear	96° Clear	89° Clear	96° Clear	87° Clear
Baghdad Iraq	114° Clear	114° Clear	114° Clear	113° Clear	118° Clear	111° Clear

(Source: Weather Underground at www.wunderground.com)

News Briefs

Sports Physicals

The Wilford Hall Medical Center Pediatric Clinic at Lackland Air Force Base begins conducting mass annual sports physicals July 30 and Friday afternoons through Aug. 27. These physicals are for WHMC Pediatric Prime patients 8-22 years old. Call 916-9900 to book appointments. Bring patient's military I.D., shot record, third-party liability card and any school forms that need to be completed. Bring only the child with the appointment to the clinic and allow plenty of time for parking. Children with special needs must make individual appointments at another time. Call 292-0786 for more information.

Resident Survey

Fort Sam Houston Family housing residents are receiving assessment surveys via email in order to provide feedback on post housing needs. Answers are strictly confidential. Once the online survey is complete, an entry form for a chance to win a gift card is available. Call 221-0891 for more information.

Antiterrorism Awareness

Army Regulation 525-13 mandates military personnel and DoD civilians traveling outside the 50 states and U.S. territories and possessions receive a destination country update within two months of travel and Antiterrorism Awareness Training (Level 1) within 12 months of travel. Call 295-0535/9460.

Playground Ribbon Cutting

Rescheduled for July 16 due to weather, the ceremony for five new boundless playgrounds is at 10 a.m. near the splash-pad located between School Age Services and the Youth Center off Watkins Blvd. Call 295-4806.

5th Brigade ROTC

A change of command ceremony will be held at 10 a.m. July 21 at Army Community Service, Building 2797.

32nd Medical Brigade

A change of command ceremony will be held at 8 a.m. July 22 at MacArthur Parade Field.

Great Plains Regional Veterinary Command

A change of command ceremony will be held Aug. 5, 3 p.m. at Army Community Service, Building 2797.

Veterinary Command

A change of command ceremony will be held Aug. 17, 8 a.m. at the FSH Quadrangle.

Military moving woes traced to lack of carrier personnel and equipment, system overload

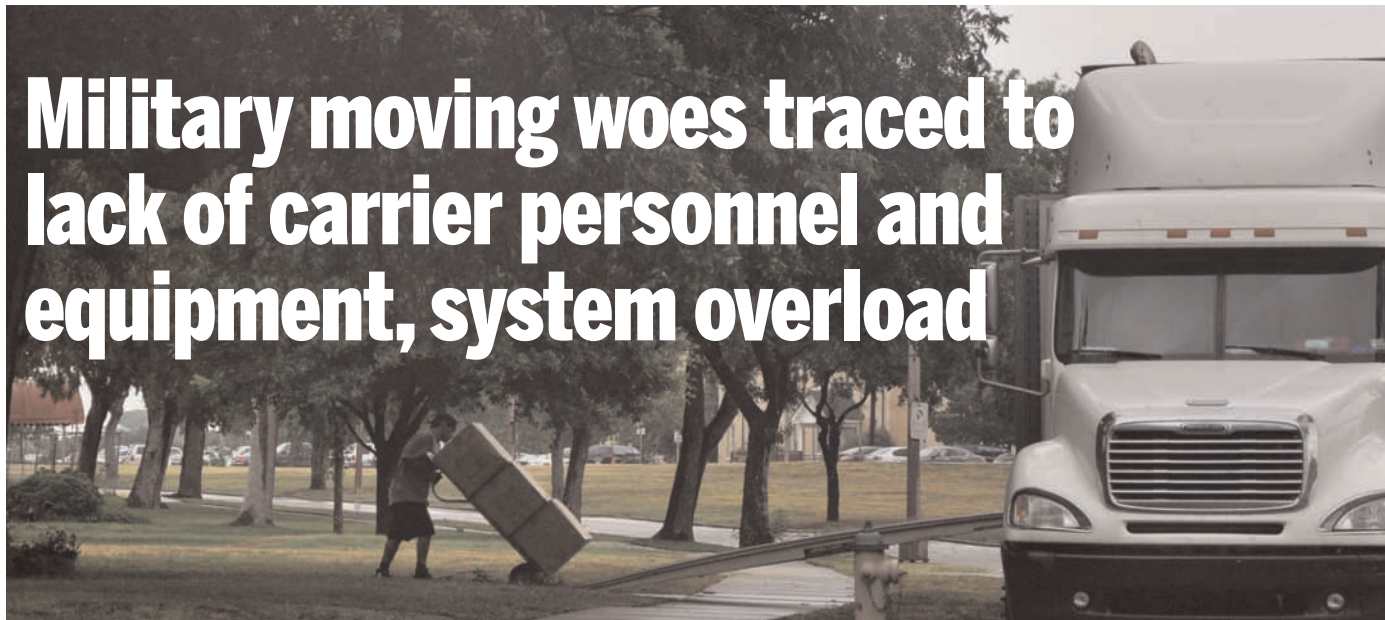


Photo by L.A. Shively

Most Fort Sam Houston pack outs via DPS have been occurring without the issues seen at other installations. Here, a carrier loads a post resident's belongings onto a moving van recently.

By Steve Elliott
FSH Public Affairs

The U.S. Transportation Command and the Army's Military Surface Distribution and Deployment Command implemented Phase II of Defense Personal Property System in April.

But the system has issues, said Clarence J. Anderson, director of logistics for Fort Sam Houston.

DPS automates much of the process of pre-move counseling, scheduling, tracking, invoicing and claims filing for household goods shipments.

Ideally, service members would go online to schedule a pack out at <http://www.move.mil> and input property shipping information without having to visit a transportation office.

Once information is entered into DPS, the service member provides the local transportation office a copy of orders and a counselor validates the shipment for processing.

Shipments are then automatically offered to commercial carriers and booked for movement

when accepted.

"We've found that shipments are being accepted by a carrier and then, within four to five days before the scheduled pickup, some carriers are dropping them without notice," Anderson said.

"In other instances, we find that some shipments have not been accepted by carriers because they are completely booked and do not have the personnel or equipment to handle the shipments. In some rare instances, we have had shipments that just seem to drop out of the DPS system."

Anderson explained all military installations nationwide are experiencing problems, but that Fort Sam's are not as serious.

The primary reason for cancellations appears to be the lack of personnel and equipment. This is compounded by suspension of a significant number of carriers that were participating in the DPS program for various reasons, Anderson noted.

"DPS has been undergoing testing at many installa-

"We've found that shipments are being accepted by a carrier and then, within four to five days before the scheduled pickup, some carriers are dropping them without notice,"

— Clarence J. Anderson
Director of Logistics, FSH

tions for a couple of years and results have been good," Anderson said about the timing of the change.

"I don't think it was a matter of waiting until peak season to move the vast majority of shipments to this system, but as we progressed toward full usage of the system, it just happened at peak season."

To make the process smoother, Anderson suggests entering shipping

information into DPS immediately on receipt of orders and being flexible.

"If you do not hear from a carrier representative at least 10 working days prior to your requested pickup dates, contact the local transportation office for assistance. Be prepared to do a Personally Procured Move if possible," he said.

A Personally Procured Move or Do-It-Yourself (DITY) is arranged by the service member who rents and loads a truck, then drives their property to the next duty station. Hiring a commercial carrier with personal funds and seeking reimbursement is another alternative if scheduling through DPS does not work out he said.

Contact the local transportation office at 221-1831 for more information.

Region IV DCO leads way as DCE team springs into action during training

By Patti Bielling
ARNORTH Public Affairs

As a few June raindrops fell on residents of Southern Mississippi, members of United States Army North assembled in the Gulf Coast state to practice responding to a much larger storm: fictional Hurricane Francine, which spawned a deadly tornado, knocked out power and left thousands injured and homeless.

The weeklong hurricane response exercise at Keesler Air Force Base, Miss., June 26 – July 2, was designed to help the Region IV Defense Coordinating Element practice its mission to coordinate federal military support to civil authorities during response to catastrophic storms or other disasters.

The training event also served as the first opportunity

for Col. Barrett Holmes to observe his team perform its mission since he assumed the job of Region IV defense coordinating officer in April.

“There is a big benefit to training with the staff in a realistic scenario before having to respond to a real hurricane. We’re told it will be a very active hurricane season, so we’ll probably get a chance to do this once this year – if not multiple times.”

The combat engineer is an avid note-taker and admits to filling up half of his green notebook with observations from the exercise. He credits most entries to Col. Mark Armstrong, Region IX defense coordinating officer, a veteran of multiple civil support missions who served as a peer mentor for the training event.

Armstrong said Holmes is a very capable officer with the

right core competencies to be a DCO: the ability to plan, coordinate, integrate, synchronize and execute complex operations.

“[Holmes] also has the ability to quickly assess his people, assess the situation, and distill from multiple inputs the really important issues and then give clear guidance to his subordinates on how to proceed,” he explained.

Armstrong also noted that the team of nine got right to work, quickly integrating 33 augmentees from three other regions and the Army North headquarters. Within hours, the group had gelled and was coordinating the efforts of simulated aviation, medical and



Col. Barrett Holmes (center), defense coordinating officer, Region IV, U.S. Army North, confers during an exercise with Lt. Col. Shannon Miller (front) his deputy, and Col. Mark Armstrong, DCO, Region IX, Army North, during a weeklong hurricane response exercise at Keesler Air Force Base, Miss., June 26 – July 2. The exercise was designed to help the Region IV DCE practice its mission to coordinate federal military support to civil authorities during response to catastrophic storms or other disasters.

Photo by Patti Bielling

communications units.

Holmes recognized the talent of his new team and called himself “blessed” to work not only with the DCE but with their experienced regional counterparts in the Federal Emergency Management Agency.

The Laurens, S.C., native, added that he takes great pride

in this assignment, noting that he has family and friends in each of the eight states of the Region.

“In almost 27 years of active-duty service, I have taken great satisfaction in serving and protecting the United States,” Holmes explained. “What better place to do that than here?”

Army North partners with South Carolina for trio of disaster exercises

By Staff Sgt. Keith Anderson
ARNORTH Public Affairs

Soldiers of U.S. Army North’s Defense Coordinating Element, Region IV, partnered with officials with the state of South Carolina during statewide disaster response and weapons of mass destruction exercises June 14-20.

Three overlapping exercises dubbed “Palmetto Eagle,” “Palmetto Shield” and “Red Dragon,” were launched to test cooperation between more than 100 local, county, state and federal agencies and to analyze state response and recovery plans.

“When there’s an actual disaster, that’s not the time to be handing out business cards,” said Col. Barrett Holmes, defense coordinating officer, Region IV. “We are here in support of local and state officials, and the lessons we learn and the relationships we forge will



Photo by Staff Sgt. Keith Anderson

Anderson County firefighters plan decontamination operations during a chemical, biological, radiological and nuclear exercise at the Anderson University field house here June 19. The exercise, part of statewide disaster preparedness exercises June 14-19, tested local responders and state and federal agencies, including U.S. Army North’s Defense Coordinating Element, Region IV.

enable us to refine our tactics, techniques and procedures and create a model that we can take with us.”

During the initial exercise, Palmetto Eagle emergency offi-

cials initiated the state’s Emergency Operations Center, practiced evacuating citizens and responded to a hurricane making landfall on the coast.

Palmetto Shield, which over-

lapped the coastal exercise, ratcheted up the pressure by adding weapons of mass destruction exercises in upstate areas of South Carolina.

National Guard and reserve units participated in Red Dragon, a concurrent exercise with Palmetto Shield involving defense support to civil authorities in a large-scale chemical, biological, radiological and nuclear disaster.

The exercises culminated June 19 in Anderson, S.C., with the mock explosion of a tractor-trailer at the Michelin Sandy Springs plant and the mock explosion of a moving truck containing chemicals at the Anderson University Athletic Complex.

The DCE, from its tactical operations center in Anderson, responded to requests for assistance from the lead federal agency in the exercises, the Federal Emergency Management Agency, and

worked with the state of South Carolina.

“The biggest thing was that it gave us an opportunity to work with FEMA and the state and to exercise our ability to respond to a crisis,” said Sgt. 1st Class William Brashear, operations noncommissioned officer, DCE Region IV.

The exercise, added the Jupiter, Fla., native, marked the first time he had the opportunity to work through a CBRNE scenario.

The scenarios tested state and federal capabilities, strengths and shortages, and exercised responses in a state that has gone 21 years with a major disaster, said W. Montague “Q” Winfield, federal coordinating officer, FEMA Region IV, who added that he felt Army North’s participation was crucial.

“If something goes down, there’s no doubt the DCE will be involved,” Winfield said.

Teens learn life skills at Auto Craft Shop

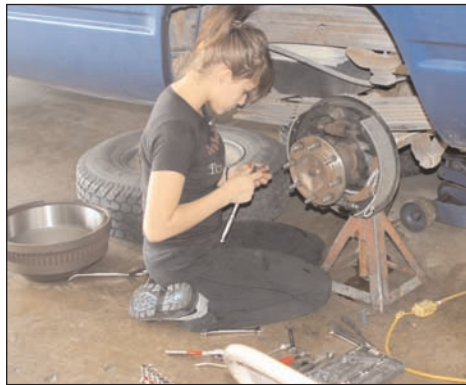
By Lori Newman
FSH Public Affairs

Two teens are learning valuable life skills at the Fort Sam Houston Auto Craft Shop as part of the Family and Morale, Welfare and Recreation's HIRED! Apprenticeship Program.

Cristian Vasquez and Natashja Avitia began working at the shop during the last term of the HIRED! Program and decided to stay for a second term, which started June 28. The teens work at the shop four hours a day – up to 15 hours per week – for 13 weeks.

"When they came in they knew nothing about automotive," said Auto Craft Shop Manager Ralph Riojas.

"The first week I



Natashja Avitia tries her hand at properly placing brake shoes.

taught them safety practices and the second week they learned about the tools," Riojas explained. During the next eight weeks, he used automobile manuals, lectures and films on car maintenance.

"We went through the

coolant system, ignition system, air conditioning system and the brake system – all the systems a car has," he said, adding the students need to have at least some knowledge about each before the hands-on portion of the program.



Photos by Ralph Riojas
Cristian Vasquez works on an Family and MWR vehicle to test the engine compression.

After the classes, Avitia and Vasquez apprenticed on brakes, rotors and bearings, checked air conditioning systems for problems. The students even learned fundamental machining skills – resurfacing rotors.

"They got the basics," he said. "But they're still learning every day."

"I am really proud of these two kids. They are doing really well," Riojas said. "They are even thinking ahead of me sometimes."

Vasquez said he decided to work at the Auto Craft Shop because his family's car broke down but he didn't know how to fix it.

"I decided this would be a good experience for me in case any problems happened again," he said. "I'd be prepared."

"I've learned so much. I came in here not knowing anything, not even how to change a tire. Now I can do brakes," Avitia said.

"I'm planning on getting a cheap car with the money I get [from the HIRED! Program]. Now I'll know how to fix it,"

she said.

Avitia said she might even look into becoming a mechanic as a career.

Along with Vasquez and Avitia, the shop is taking on two more teens for this term of the program.

"We are going to help teach them," Avitia said proudly.

"Mr. Riojas has been doing a great job teaching and mentoring the kids," said Jessica Castillo, Child, Youth & School Services workforce preparation specialist. "He is teaching them skills they will be able to utilize their whole lives."

The Auto Craft Shop offers Soldiers and Department of Defense civilians a place to work on their vehicles at a minimal cost.

For more information, call 221-3962; or 221-3164/3386.

14TH MIB from P1

Trombitas, U.S. Army South commander, simply noted three things: “You have completed your deployment. Your families are here. And you’re standing here.”

Lt. Col. Gregory Meyer, 14th MI Battalion commander, and Command Sgt. Maj. Charles Totoris, battalion command sergeant major, uncased and unfurled the unit’s colors, symbolically marking the return of the battalion to its home station.

As soon as Lee uttered the order, “Fall out!” at the end of the ceremony,

the bleachers emptied, and Soldiers, their Families and friends sped to one another.

One family reunion involved Capt. Wesley Hutchinson, the battalion Headquarters and Headquarters Company commander, and his 8-month-old twins, a boy and a girl, who were born while he was overseas. The captain’s wife, Roselly, said he did have an opportunity to see the twins before, during a two-week leave, but regretted that “he missed the beginning.”

“It is great to bring everybody home,” said

Meyer, who explained that the deployment met unique challenges as U.S. forces in Iraq engaged in “responsible drawdown” in operations there.

“We needed to complete the detailed planning to make the transition to stability operations,” he said. “It was a great deployment.”

Totoris added that the Soldiers who prepared those who would succeed them provided a “phenomenal train-up.”

“The battalion can hold its head high,” said Totoris. “It met its challenges and exceeded standards.”

SCHOLARSHIPS FOR MILITARY CHILDREN AWARDS

Each year the Scholarships for Military Children program presents scholarships to qualified students who demonstrate community involvement and a grade point average of 3.0 or higher. Five students received up to \$1,500 at the Fort Sam Houston Commissary July 7. Among the recipients are (left to right) Staci Hewitson, Jameson Wong, Jonathan Martin, Kiele Janai Allen. Not pictured: Valene Bummara. Students also received a gift basket with a \$25 commissary gift certificate.

Photo by Kathy Salazar



Soldier Show takes the stage in San Antonio

By Amanda Stephenson
FSH F&MWR

More than 22 dancers, vocalists and musicians will light up the stage July 27 at Laurie Auditorium on the campus of Trinity University.

While their musical acts run the gamut from country, R&B, gospel, rock, oldies to soul, these performers have one thing in common: They're active-duty U.S. Army Soldiers.

They're part of the high-energy 2010 U.S. Army Soldier Show, a live musical production "by the Soldiers for the Soldiers" that will perform in more than 53 venues across the U.S. and Germany this year.

Each year, hundreds of aspiring dancers and singers audition for a

spot. Once selected to be part of the cast, the Soldiers are attached to Family and Morale, Welfare and Recreation Command for duty with the U.S. Army Entertainment Division for the duration of the tour.

Hailing from Fort Sam Houston is Staff Sgt. Reginald Sampson, a saxophonist with the U.S. Army Medical Command Band. "This is a unique opportunity to be among some of the best and most talented vocalists, dancers and musicians in the Army," he said.

This year's theme, Soldier Show V. 27.0, celebrates the 27th year of the show and pays homage to social media trends such as Facebook and YouTube that are popular with Soldiers.

"It's the best entertainment the Army has to offer," said Ben Paniagua, manager of the Hacienda Recreation Center and adviser for Fort Sam Houston's Better Opportunities for Single Soldiers program.

In addition to the performance at Laurie Auditorium, the show will make a stop at Lackland Air Force Base's Bob Hope Performing Arts Theater on July 25 for more information 671-2619.

A limited amount of tickets will be available to the Department of Defense I.D. card holders beginning July 20 at the Sam Houston Club ticket office. Only four tickets per DoD ID card holder will be provided and the card holder must be present.

Pre-deployment conference gives San Antonio Sailors resources, assistance

By L.A. Shively
FSH Public Affairs

Navy Operational Support Center San Antonio hosted a pre-deployment readiness conference and Family Day July 11. Sailors also took the opportunity to recognize several civilian employers with Patriot Awards.

"Family readiness equates to mission readiness," said Cmdr. Mark Hofman, commander of NOSC San Antonio, during his welcome remarks to nearly 300 reservists and family members.

"More than ever we rely on our families to support Sailors as we go downrange. It's very important to give them the tools they need to cope with increasingly

arduous deployments in an increasingly complex world."

NOSC San Antonio has deployed 499 members since 9/11 and currently has 100 Sailors either deployed or preparing to leave for the Middle East, Africa and Europe according to Damage Control 2nd Class Eric Stephens, mobilization coordinator.

Naval Mobile Construction Battalion-22, a combat construction unit of more than 500 members with approximately 61 drilling at NOSC San Antonio, recently returned from deployment to Afghanistan, Iraq, and Kuwait, Stephens said.

Hofman explained that tools important to families include knowing who



Photo by L.A. Shively

Aviation Ordnanceman 2nd Class Pablo Serrano kisses his daughter's hand. Serrano attended the pre-deployment readiness conference at the NOSC with his wife, Maria and 1-year-old daughter, Ximena.

to call for help and how to take advantage of the resources and benefits available to them.

The conference included briefs on education and medical benefits, plus commissary and

exchange privileges. Local services offered through the Army at Fort Sam Houston are also available to Sailors.

Navy lawyers were available for consultation and executing legal

needs such as wills and powers of attorney. Counselors were on hand to help families navigate emotional hurdles.

Reservists are vulnerable in that many have not had deployment experience or are unaware of the services available explained Tricia Bragg, a mobilization and deployment specialist with Army Community Service.

She said families experience incredible stress preparing for deployments and while the service member is away. "They have to keep their heads above the water and just run with it."

Bragg said long separations may also be new, so communicating is the primary method to ensuring a smooth

deployment and keeping the family together.

"They have to tell each other they miss them and love them and reciprocate," Bragg said noting that good communication helps spouses stay committed and loyal to each other.

Sailors returning from deployment were able to benefit from the conference as well those getting ready to leave.

"It helps with their transition and the family gets information they may not have gotten during the pre-deployment briefs. That's why we have TRICARE and the VA. We want up-to-the minute information – what's actually out there – for the members," said

See NOSC P12

CITY GETS GRANT



Photo by Phil Reidinger

"This funding provides a tremendous opportunity to not only enhance the quality of life for people who live right outside Fort Sam Houston through upgraded streets and sidewalks, but it also serves as an additional incentive to attract the type of retail development that community members and military personnel desire for the area," said District 2 Councilwoman Ivy Taylor, during a \$1.3 million check presentation ceremony. Beside Taylor is San Antonio Mayor Julian Castro. The funds are an Economic Development Administration grant to the city to support Base Realignment and Closure expansion at Fort Sam Houston and the community's goals to revitalize the neighborhoods adjacent to the post.

GOLDEN STREAMER AWARD

The Akeroyd Blood Donor Center presented the 2nd Quarter Streamer to Company B, 187th Medical Battalion July 9. The award is for providing the most blood based on company strength. Staff Sgts. Jose Ortiz and William Garcia assist Sgt. 1st Class Israel Baugh with the streamer.

Photo by Phil Reidinger



A TOUCH OF HOME



More than 50 prayer shawls were knitted for wounded warriors and their Families by volunteers from the Natick Soldier Systems Center. The project, called "A Touch of Home," was created by Dr. Marilyn Miller Freeman, director of the U.S. Army's Natick Soldier, Research, Development and Engineering Center in Natick, Ma. The prayer shawls were distributed over the July 4th weekend at the Warrior and Family Support Center.

Photo by David Kamm

NOSC from P8

Chief Personnel Specialist Todd Lott, manpower department head.

Lott highlighted the Army Community Service presentation “Coping With Separation” that helps spouses learn to take on and then relinquish responsibilities when the deployed member returns.

“It gives the service member peace of mind to know that everything is taken care of at home. They’re out there doing the mission – this is war time – they need to be focused 100 percent on the task at hand.”

Aviation Ordnaceman 2nd Class Pablo Serrano

said knowing that a support system is available for his family is very reassuring. His wife Maria agreed. “Having all his stuff – like his paperwork – ready and emotionally getting ready [for separation] helps too.”

Lott said single Sailors also benefit from programs. “They need the feeling of someone embracing them as well. It starts with their military family and extends out to different resources they can utilize.”

The pre-deployment conference has grown. “Two years ago we were having hamburgers, hot dogs and having the family out here for a picnic. Last year we began offer-

ing resources and speakers. Now, any member of the military, not just Navy, can come here,” Lott said.

Since 9/11 the NOSC has stepped up its role in Sailors’ lives and is now the first stop to finding help for Sailors said Chief Yeoman Nora Lundberg, who has deployed to the desert twice, once to Kuwait and then to Baghdad, Iraq.

We are the hands-on ‘reach out and touch the family members’ organization that gives them support so important in today’s world said Lundberg. “Reservists are the tip of the sword in the global war on terror.”

News Leader survey online

Visit <http://www.samhouston.army.mil/PAO>. For more information, call 221-0615 or 221-2030.

Let your voice be heard: AFAP issues needed now

By Cheryl Harrison
ACS Marketing

Now is the time to let your voice be heard. Issues for the 2010 Fort Sam Houston Army Family Action Plan Conference are currently being accepted at about 30 locations around post including the Brooke Army Medical Center, Army Community Service, the Post Exchange, the commissary and in/out processing.

The Army Family Action Plan is a conduit for direct input from Soldiers and Family to Army leadership in order to communicate what is working, what is not and have an opportunity to suggest solutions.

The program enlists

voluntary representatives who prioritize issues and present them during the conference. This type of feedback to leaders often results in policy changes that become tangible end-products at garisons across the Army.

As a result the Army committed to building a partnership with Families. That partnership is embodied in the Army Family Covenant.

A famous anonymous quote reads, "I waited around for someone to do something about the problem, until I realized that I was someone."

It underscores the reality that individuals can make a difference if they will only take the initiative. The Army Family Action Plan is the place to be "someone"



Photo by Greg Ripps

Family members and Soldiers may submit issues or concerns to be addressed at the 2010 Army Family Action Plan Conference.

and make a difference in today's Army for Soldiers, Family members and retirees.

The Installation commander's annual AFAP Conference is scheduled for Sept. 21 to 24 at the Sam Houston Club.

Delegates and volunteers are needed now for planning, submitting issues and providing assistance for the event.

If interested in participating or volunteering for the AFAP Conference, call 221-2611/1868.

Thought of the Week

Dig as deep as you have to, and rise as high

as you can. — Alice Greenwald

(Source: Bits & Pieces, May 2009)

TRANSITIONS

MARINE CORPS RECRUITING STATION SAN ANTONIO



Photo by Ed Dixon

Maj. Randal Walsh, outgoing commander Marine Corps Recruiting Station San Antonio, passes the colors to incoming commander Maj. Jeremiah Salame June 18 during a ceremony at the Fort Sam Houston Quadrangle.

4TH RECONNAISSANCE BATTALION WELCOMES NEW LEADERS



Left to right, incoming commander Lt. Col. Tiley Nunnink, incoming Sgt. Maj. Gary Tolar, outgoing commander Lt. Col. Matthew Cooper and outgoing Sgt. Maj. Richard Thresher prepare to assume and relinquish command of the 4th Reconnaissance Battalion during a change of command ceremony held June 26 at the Fort Sam Houston Quadrangle. Nunnink is a native of Kansas City, Miss. He graduated from California State University, Bakersfield in 1994 with a degree in Criminal Justice. Upon graduation he was commissioned a Second Lieutenant in the United Marine Corps. Nunnink's last duty station was serving as the G-2 Operations Officer at Marine Corps Forces, Special Operations command, Jacksonville, N.C. Outgoing commander, Cooper, received the Meritorious Service Medal for his accomplishments while assigned as commander to the 4th Reconnaissance Battalion.



Incoming Sgt. Maj. Gary Tolar accepts the sword from Lt. Col. Tiley Nunnink, commander officer, 4th Reconnaissance Battalion, symbolizing the assumption of the post of the Sergeant Major of the battalion. Outgoing Sgt. Maj. Richard Thresher, right, received the Meritorious Service Medal for his outstanding performance of duties while assigned to the Battalion. Tolar, born in Port Lavaca, Texas, entered the Marine Corps in October 1984. Tolar served aboard the USS Guadalcanal where he participated in Operation Southern Watch, Operation Deny Flight in Yugoslavia, Operations Restore Hope, Provide Promise in Somalia and includes a deployment to Iraq in 2008 in support of Operation Iraqi Freedom.

Outgoing Sgt. Maj. Richard Thresher prepares to return the sword to incoming commander Lt. Col. Tiley Nunnink thereby relinquishing the duties of the Instructor/Inspector Sergeant Major of the 4th Reconnaissance Battalion. Thresher enlisted in the United States Marine Corps in 1990. His numerous assignments include Desert Storm as well as in Operation Sea Angel, Bangladesh and several deployments to Iraq in support of Operation Iraqi Freedom.

Photos by Esther Garcia



A bouquet of yellow roses is presented to Kristi Nunnink, wife of Lt. Col. Tiley Nunnink, welcoming her to the 4th Reconnaissance Battalion. The 4th Reconnaissance Battalion was first activated June 1, 1943 at Camp Pendleton, Calif. The mission of the battalion, and subordinate elements, is to conduct reconnaissance and surveillance, offensive operations, battlespace shaping, and support specialized mission requirements of the Ground Combat Element or Marine Air-Ground Task Force commander.



32ND MEDICAL BRIGADE



Photo by Sgt. 1st. Class Bryan Crosby
Incoming Command Sgt. Maj. Harry Tharp (left) accepts the colors signaling acceptance of responsibility for the 32nd Medical Brigade during his change of responsibility ceremony July 13.



Photo by Sgt. 1st. Class Bryan Crosby
Patricia Faye Huffman, wife of Command Sgt. Maj. Huffman, accepts a bouquet of roses during the 32nd Medical Brigade's change of responsibility ceremony July 13.



Photo by L.A. Shively
Incoming Command Sgt. Maj. Harry Tharp (left), outgoing Command Sgt. Maj. Marshall Huffman and Col. Randall Anderson, commander, 32nd Medical Brigade, U.S. Army Medical Department Center & School, salute the colors during the 32nd Medical Brigade's change of responsibility ceremony July 13.

TRANSITIONS



BAMC TROOP COMMAND



Photo by Staff Sgt. Stephen Pendarvis
Brig. Gen. Joseph Carvalho, commander, Brooke Army Medical Center and Southern Regional Medical Command (Provisional) passes the guidon to Lt. Col. Corrina Dixon as she accepts her new position as the Troop Medical commander from Col. Linda Carmen. Carmen relinquished her command position at the Troop Medical Command, July 9 to accept her new position at the Southern Regional Medical Center as the Assistant Chief of Staff for human resources.

410TH CONTRACTING SUPPORT BRIGADE



Col. William A. Sanders, incoming commander of the 410th Contracting Support Brigade, speaks to the crowd after a change of command ceremony at the Army Medical Department Museum July 8. Sanders took over for Col. Ted C. Harrison, who has been the brigade's commander since it was activated in September 2007.



Photos by Steve Elliott
Brig. Gen. Joe Bass, commanding general of the Expeditionary Contracting Command, passes the unit colors to Col. William A. Sanders (left), incoming commander of the 410th Contracting Support Brigade, in a change of command ceremony at the Army Medical Department Museum July 8. Sanders took over for Col. Ted C. Harrison (right), who has been the brigade's commander since it was activated in September 2007. The Expeditionary Contracting Command is a subordinate command to the Army Contracting Command.

502ND from P1

502nd ABW chief of manpower personnel services.

“I get asked when the non-appropriated and appropriated funds people will convert over from Department of the Army to Department of the Air Force,” Reyes said. “NAF

employees will convert over Oct. 1.

“On the appropriated side, our timeline for conversion is Oct. 10,” she said. “We’re on track with that.”

Another question Reyes is asked is where official personnel folders will be maintained when people transition from

Army to Air Force.

“NAF records will still be located at Fort Sam Houston. On the appropriated side, records will be transferring from the U.S. Army Rock Island Arsenal in Illinois to the Air Force Personnel Center in San Antonio. All records will be converted to electronic files,” she added. “People will be able to access all their records online.”

In regard to pay questions, Reyes said everything is on track.

“We hope to have a seamless transition,” Reyes said. “All data is going to be picked up from one database and dumped into the Air Force system. I don’t anticipate any problems. We are working diligently on that, because pay is important to everybody.”

Another point of concern was new Common Access Cards.

“The Department of Defense said that if you are transferring from Army to Air Force, you need a new CAC,” Reyes said. “We are going to have to take all our employees, including our contractors, and issue new CACs.”

Reyes hopes to have another town hall this summer to go into greater detail about certain items and have more time to answer questions.

Next up was Air Force Staff Sgt. Aron Lee, the 737th Training Group unit training manager at Lackland Air Force Base. He shared a personal story on how alcohol abuse affected the lives of him and his family.

“I know what you’re thinking, it’s probably another alcohol briefing or sad story,” said Lee, who said he remembers the days when his eyes would glaze over during safety briefings.

While stationed at Cannon AFB, N.M., in April 2009, he got a 5 a.m. call from his mother. His sister, Tech. Sgt. Audra Britt, had been critically injured in a motorcycle accident in Austin. His brother-in-law, Tech Sgt. Maurice Britt, had died at the scene.

His sister and brother-in-law, both avid motorcyclists stationed at Lackland AFB, were returning home from a motorcycle rally when their lives were snuffed

out by a drunk driver going the wrong way on a one-way street.

Six days later, his sister died, leaving behind a four-year-old son to grow up without his parents – and a family that vowed to protect others from the kind of pain they’d endured.

“We want to educate people on the effects of alcohol and drugs and try to get people to turn their lives around,” said Lee, who received a compassionate reassignment to Lackland AFB to help his parents raise their grandson.

“I want to make sure people are aware of how alcohol affects the body, what happens if they drink and drive, and how it has an exponential effect beyond the person injured.”

Lee and his parents founded EVADE 411 – for “Empowering Victory through Alcohol and Drug Education,” followed by the date of Audra’s death, April 11, 2009.

“Accidents affect more than just the family,” Patrick added after Lee’s story. “It affects best friends, co-workers and

so many more people.”

The general then unveiled the 502nd ABW’s mission, vision and motto. The mission is to “Provide installation services to the JBSA community.” The vision is to “Preserve our heritage; innovate and improve for a better future” and the wing’s motto is “Partnership in Excellence.”

“We’re getting ready to celebrate the first anniversary of the 502nd ABW,” Patrick said. “I’ll always remember the words of Air Education and Training Command’s Gen. Stephen Lorenz as he handed me the wing’s flag: ‘Good Luck!’ We’ve been going at a marathon pace ever since.”

Patrick also touched on construction, signage, parking and other issues around the post.

“There’s a lot of anxiety, but the only thing that is going to change is that you’re going to get more resources, more people and more money,” he said. “We have been successful because of your ideas, your patriotism and your innovation.”

SEABEES from P1

Oklahoma to mobilize in Gulfport, Miss. for training and equipment issue before deploying.

Engineering Aid 1st Class Ruben Garcia spent several months in Shindand, Afghanistan as the operations chief, working on the 300,000 gallon forward Army refueling point which was also a helicopter landing pad in order to get it operational for a division of the U.S. Army 82nd Combat Aviation Brigade.

“We got the 700-man battalion up and running. We graded and graveled the 12-acre area. But we ran into a bit of a problem, the area had to be de-mined so it took three instead of the normal two months. It was an old

Russian air base and had been cleared once. But the confidence and paperwork wasn’t there, so we cleared it as well,” Garcia said.

Construction Mechanic 2nd Class April Russell attended MRAP mechanic class in Kandahar, then spent time at forward operating base Shindand, where she worked on the refueling point, assisted with setting up the over 3000-foot HESCO perimeter and daily camp maintenance.

She said Afghanistan was her second deployment and this one was much different from the first in Iraq.

“We had rocket attacks at both camps; once a month at Shindand and every other week at

Kandahar,” Russell said. It made her a little nervous, especially when Shindand was hit on Thanksgiving Day. After that attack, they build a perimeter around the flight line, enclosed the sleeping areas and constructed guard towers in each corner with bunkers underneath – a base in a box Russell joked.

She said she really enjoyed working with the other services and they were glad to have the Seabees in camp. “At Shindand the U.S. Army fell in love with us because we could build anything.” There Seabees built Southwest Asia huts and a special desk for the medics she remembered.

“There was a lot of expansion going on. We were doing infrastruc-

ture improvements – road repair, building facilities and working on parking areas for CON-NEX boxes,” said Equipment Operator 1st Class Mark Mayfield. “We also had to do flood control – we had a freak storm wipe out perimeter fencing and a bridge. We had to rebuild the bridge from scratch, which took months.”

Mayfield said the Seabees were also building multiple-room, two-story SWA huts; a departure from the types of buildings they constructed in Iraq. The work tempo was demanding. “Twenty-four hours, 7 days a week somebody was working.

“It was challenging, but you know you are doing something vastly important.”



Courtesy photo

Construction Mechanic 2nd Class April Russell sits on Construction Electrician 2nd Class Lewis Rivera's shoulders to place a spike into a HESCO Barrier which made up the perimeter around the Seabee camp in Shindand, Afghanistan.

First WTU Soldier to earn Bachelor's degree wants to share lessons with children

By L.A. Shively
FSH Public Affairs

Staff Sgt. Sandra Smith recently graduated with a Bachelor's degree – a first for Soldiers in the Warrior Transition Unit “Its exciting stuff,” said Gabrielle Dias, director, Soldier Family Assistance Center. “You can accomplish something in a short amount of time if you put your mind to it. Even if you’re at the WTU doesn’t mean you have to stand still.”

Smith majored in Applied Science at Weyland Baptist University, but the path to her degree was never straight. Deployed often since 2002, Smith did several tours overseas.



Staff Sgt. Sandra Smith

Her last deployment was to Afghanistan. The stress finally took its toll on her and her family, plus she lost her mom last year.

The WTU helped her refocus on her goals in life. Smith said it was the doctors, nurses and counselors that helped give her insight and a reason to move on.

“They encouraged me to return to school and start rebuilding,” Smith said. With their help Smith polished her resume, began classes and found an internship with the Corps of Engineers.

She plans to stay in San Antonio where she’s got a job lined up and has found friends, “Doors have opened up for me here. I envision myself as a kid, opening all the doors to see what’s on the other side. Now I have a new outlook and want to keep going higher and higher in life.”

Eventually she says she’ll follow her dream and go home to teach

See WTU P19

Adjutant General’s Corps Regimental Association activates local chapter

By Lt. Col. Louann Tucker
AGCRA Alamo Chapter

The Adjutant General’s Corps Regimental Association activated its Fort Sam Houston Alamo Chapter June 7. The Alamo chapter is a non-profit, professional organization approved for operating on Fort Sam Houston to provide a forum for esprit de corps, camaraderie, and professional development opportuni-

ties for human resource Soldiers, Department of the Army civilians, contractors, and retirees in and around Fort Sam Houston and South Central Texas area. Opportunities for widespread team-building events and professional development for human resources professionals will be provided by the chapter. The Alamo chapter hosted a luncheon in San Antonio June 30 to com-

memorate the occasion. Col. Dave Lambert, U.S. Army South G1 and a senior mentor for the chapter, addressed the attendees. All human resource and AG Corps affiliated personnel are encouraged to take advantage of these events And to network and relax with fellow human resource professionals. For more information call 295-5828, email <http://agcra.com>.

WTU from P18

children on the Navaho Nation, near Winslow Arizona, where she grew up. She said she saw many similarities

between her Navajo culture and the Afghanistan culture, and seeing the kids there got her to thinking about the kids back home and what she might offer them.

“In Afghanistan the kids look up to the Americans and want to learn. It’s rewarding when they learn from you.”

ADAPTIVE SPORTS BOCCIA TOURNAMENT

Photos by Tiffany Boulez



Things heat up in the Ultimate Disc finals as Bravo team dominates over members from Alpha during the Adaptive Sports Boccia Tournament Ultimate Disc Playoffs June 29.



Lt. Col. Charles Beeks presents a medal to a wounded warrior after the Adaptive Sports Boccia Tournament June 29.



U.S. Soldier Show

A limited amount of tickets will be available July 20 beginning at 10 a.m. at the Sam Houston Club for DoD I.D. card holders. Limit of four tickets per I.D., card holder must be present. Due to the show's high demand, this is the only place and time tickets will be available and a ticket must be presented for admittance to the show. The 2010 U.S. Army Soldier Show takes the stage July 27, 7 p.m. at Laurie Auditorium on the campus of Trinity University. Call 221-2307.

Smokey Joe's Café

It's the last week to catch "Smokey Joe's Café" at the Harlequin Dinner Theatre. Dinner begins at 6:15 p.m. and performance is at 8 p.m. Tickets are \$29 for general public, \$26 for military with I.D. July 22; and \$32 for general public, \$29 for military, July 23-24. Call 222-9694 for reservations.

Dive In Movie Night

Get in extra pool time July 23 for Dive In Movie Night at the Aquatic Center. The movie, "Shark Tale" (rated G), will begin around 8:30 p.m. and popcorn and snacks will be available at the concession stand. For more information call 221-4887.

Heart of Texas Triathlon

The next Heart of Texas annual series of triathlons is July 25. H-O-T Triathlon participants must swim 200 meters, bike 10 miles, and run two miles in immediate succession. Report to the Jimmy Brought Fitness Center between 5:15 - 5:45 a.m. for packet pick up, number assignment, bike inspection and final instructions. For fees, registration or additional information contact the Jimmy Brought Fitness Center at 221-1234. Event is open to the public.

Summer Sale

The Fort Sam Houston Golf Club Pro Shop is having its Red Hot Summer Sale until August 31 on Men's and women's summer apparel, in-stock golf bags, Nike, Blue Bando, hybrids and MacGregor putters, Wilson drivers and Wilson Fairway woods and more. In-stock items only, all sales final. Call 222-9386.



Announcements

Be 'Green' at AAFES

Army & Air Force Exchange Service-operated retail facilities are rewarding military shoppers through its "Use a Bag, Save the Planet" initiative. Instead of using traditional plastic bags, AAFES is encouraging shoppers to bring their own reusable bags. Shoppers will get five cents back for every reusable bag used. The five-cent credit applies only to shoppers who bring in and use

reusable shopping bags (plastic bags do not apply). As such, customers who simply decline a plastic bag, but do not utilize a reusable bag, will not qualify for the five cent credit.

Survivor Outreach Services

Ensures survivors are connected with services that include grief counseling, support groups and social events. Staff assists each survivor with understanding and applying for benefits; investing, estate planning; education and support. Call 221-1841.

Habitat for Humanity

Fort Sam Houston and ACS Volunteer Program will build houses for the San Antonio community with Habitat for Humanity during August.

These groups need volunteers to build, be a part of the lunch crew, help with administrative duties or be part of the deconstruction crew. No experience necessary. Tools and safety equipment provided. Call 221-0516/2418/2584.

Lose Something?

Check with the Found Property custodian at the Fort Sam Houston Police Department. All found property is kept for 45 days and disposed of unless owner is identified. Call 221-2340 or come down to the Fort Sam Houston Police Desk at Building 2244.

Calendar of Events

July 15

General Resume Writing

Registration required, call 221-0427 or 221-2418.

Financial Readiness

Call 221-1612 to register or for more information.

Tools for Improving Parenting Skills

The Family Advocacy Program will offer parenting classes July 15, 22, 29 and August 5, 11 a.m.-12:30 p.m. at the Red Cross Building 2650. Call 221-0349/2418.

July 16 ESL

English as a second language is offered Monday and Friday from 5-8 p.m. To sign up call 221-1681/9698.

See **COMMUNITY P22**

Fort Sam Houston Family & MWR Sports Updates

<http://www.portsamhoustonmwr.com/vsm/page.asp?pid=239>

COMMUNITY from P21

July 19
Debt Liquidation

To register call 221-1612.

Pre-Deployment Planning
Training

Mobilization and Deployment will hold training July 19, 9 a.m.-3 p.m. and July 20, 1:30-3 p.m. To register call 221-1829/2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

July 20
Access Level 1

Call 221-2518.

H.U.G.S. playgroup

Registration not required. Call 221-0349/2418.

Negotiating Conflict

Learn to deal with difficult people with tact and skill. To register call 221-0349/9425.

Savings and Investing

To register call 221-1612.

July 21
Excel Level 2

To sign up, call 221-2518.

Financial Readiness

To register for classes or for

more information, call 221-1612.

EFMP Support Group

ACS Exceptional Family Member Program. Childcare and dinner provided. Registration required call 221-2604.

Stress Management

Class held July 21, 11 a.m.-2:30 pm. at the Army Community Center, Building 2797. Call 221-0349/0600.

Care Team Training

To register call 221-1829/2705 or e-mail samh.acs.mob.deploy@conus.army.mil.



For Sale: Precor Elliptical EFX 5.19 cross-trainer, orig. \$2500, asking \$500 obo; outdoor stone pots 40" x 24", 32" x 27" and 25" x 19", orig. \$2000, asking \$400 obo; traditional fire place screen 32" x 51", orig. \$250, asking \$50; indoor plants, free. Call 845-4957.

For Sale: ATT LG VU cell phone \$45; McEnroe Tennis racquet w/cover, fully strung and ready for play \$35; two pairs of skies w/poles and carrying case \$30 each; parting out a '98 F-150 long bed, Triton V-8 engine, transmission, etc. Call 260-6237 or email Donald.neill@amedd.army.mil

for pictures.

For Sale: Crème leather loveseat, great condition, \$175; Army P.T. shorts, new, X-large, \$5; two ACU tops, new, large-regular, \$15 each; OEM tires & rims for 2005 Chrysler 300 Limited, only used for six months on vehicle, \$350 obo; Wilson all-leather, right-hand baseball glove, only used for 3 months. Call 823-9312 or 310-1616.

For Sale: Pipe roofing, \$1 each section; wanted, tin for patio cover. Call 550-7371.

For Sale: 2006 Jeep Grand Cherokee, four door, runs great, mint condition, \$6,000 obo; Husky 80-gallon air compressor, \$850; power wheelchair, new condition, six wheels, \$2,500 obo; two working toilets. Call 440-5062.

For Sale: French provincial dresser with bookcase, \$95; solid wood coffee table, \$100; Little Tykes step wagon, \$40; Cardiogliders exerciser,

\$175; giant custom-made pet house, \$150. Call 633-2247.

For Sale: Tahoe cargo security shade, like new, \$65; female Pekingese, two years old, has shots, needs papers, \$350; four-foot-wide truck bed extender, \$225; Stetson brown felt hat, size 7, \$75; male Chiweenie, has shots, \$75 obo. Call 221-2690.

For Sale: Shark vacuum, new in box, \$95; metal truck bed toolbox, \$100; framed Korean flag, \$95; framed mirror, \$50; female dachshund, 18 months old, \$100. Call 633-3859.

For Sale: 1992 Magnum Ford custom conversion van; loaded; \$1,199; TV entertainment stand; dark cherry finish: \$69; analog TV, \$49; stand and TV, \$99; three gym-style metal lockers, \$49. Call 659-6741.

For Sale: Red Yerf Dog go-cart, needs work, clutch is stuck, runs well otherwise, \$350. Call (931) 801-7251.

Rocco Dining Facility Menu

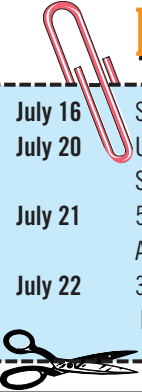
Building 2745, Schofield Road

Friday – July 16
Lunch – 11 a.m. to 1:00 p.m.
Southern-fried catfish, St. Louis
toasted cheese ravioli, Missouri
smothered chicken breasts, grilled
chicken breasts, spicy barbecued
spareribs, balsamic roasted red
potatoes, baked potatoes, homemade
baked macaroni & cheese, Southern
fried cabbage w/bacon, green beans
w/caramelized onions, steamed cab-
bage, Missouri creamed-style corn
Dinner – 5 to 7 p.m.
Beef lasagna, meat loaf, vegetable
stuffed peppers, breaded pork chops,
barbecued pork chops, mashed pota-
toes, Hoppin’ John rice, seasoned
turnip greens, steamed beets,
French-fried okra, hot sweet corn-
bread
Saturday – July 17
Lunch – noon to 1:30 p.m.
Beef & broccoli, shrimp stir fry,
breaded pork fritters, cheese tortel-

lini, steamed rice, mashed potatoes,
baked potatoes, stewed tomatoes,
steamed zucchini
Dinner – 5 to 6:30 p.m.
Chicken pot pie, Swedish meatballs,
mushroom quiche, chipper perch,
steamed rice, steamed Aztec beans
& rice, mashed potatoes, steamed
spinach, steamed cauliflower
Sunday – July 18
Lunch – noon to 1:30 p.m.
Beef fajita pitas, chicken enchiladas,
potato frittata, roast turkey, mashed
potatoes, cornbread dressing,
Spanish rice, steamed corn, steamed
broccoli combo
Dinner – 5 to 6:30 p.m.
Scalloped ham & potatoes, honey
ginger chicken, braised beef and
noodles, broccoli, rice & cheese
casserole, lemon herbed baked fish,
steamed rice, O’Brien potatoes,
steamed lima beans, French-fried
cauliflower

Monday – July 19
Lunch – 11 a.m. to 1:00 p.m.
Spicy Italian pork chops, Italian mar-
inated chicken, spaghetti & meat
sauce, beef lasagna, vegetable
lasagna, spaghetti noodles, lemon
garlic roasted red potatoes, steamed
parslied new potatoes, rice pilaf,
Carrots Normandie, steamed aspara-
gus, French-fried eggplant, pan
roasted asparagus w/lemon-rind
Dinner – 5 to 6:30 p.m.
Roast pork, Salisbury steak, cheese
tortellini, chicken parmesan,
spaghetti noodles, baked sweet
potato halves, steamed rice, green
beans Nicoise, oriental mixed veg-
etables
Tuesday – July 20
Lunch – 11 a.m. to 1:00 p.m.
Beef enchiladas, Spanish baked gar-
lic & herb chicken, cheese enchi-
ladas, chili rellenos casserole,
tamale pie, Spanish style beans,

Spanish rice, cottage fried potatoes,
flame roasted sweet corn & peppers,
Spanish cauliflower gratin, steamed
broccoli
Dinner – 5 to 7 p.m.
Monterey chicken, lemon pepper
baked fish, barbecued chicken,
bread veal steaks, baked macaroni &
cheese, mashed potatoes, steamed
five grain wild rice, pinto beans,
steamed carrots, steamed zucchini
squash
Wednesday – July 21
Lunch – 11 a.m. to 1:00 p.m.
Creamy beef stroganoff, German-
style pork roast, roasted Haehnchen
(chicken), lemon herb baked fish,
cheese ravioli, potato pancakes,
parslied steamed rice, parslied egg
noodles, German red cabbage,
German style spinach, peas
w/mushrooms & thyme
Dinner – 5 to 7 p.m.
Baked Polish sausage w/sauerkraut,



REMINDER CALENDAR

July 16	Story Time at the Library
July 20	U.S. Army Soldier Show tickets available, 10 a.m., Sam Houston Club for DoD I.D. card holders
July 21	5th Brigade ROTC change of command, 10 a.m., ACS Building 2797
July 22	32nd Medical Brigade change of command, 8 a.m., MacArthur Parade Field

country-fried steak, baked ham,
parslied steamed red potatoes,
baked macaroni & cheese, corn
O’Brien, steamed brussel sprouts
Thursday – July 22
Lunch – 11 a.m. to 1:00 p.m
Mongolian beef, roast chicken
w/vegetables, spicy pork ribs, baked
chicken, vegetable egg rolls, potato
fritatta, steamed rice, Korean potato
side dish, fried noodles, Japanese
vegetable stir-fry, steamed zucchini,
Korean-sautéed zucchini
Dinner – 5 to 7 p.m.
Salisbury steaks, sweet & sour pork,
turkey porcupines w/gravy, Creole
macaroni, broccoli quiche, mashed
potatoes, baked potatoes, steamed
rice, Chinese mixed vegetables,
steamed spinach
*Menus are subject to change without
notice*